

Title: This I Believe: You Reap What You Sow

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Class: 308

Have you regretted not trying your best? Perhaps this might be because 'You reap what you sow'. Personally, though I have heard this saying countless times, I had never taken it seriously, until I myself experienced it.

It was several weeks before the annual National Shooting Competition. We were having mock competitions, and I did not expect much. I was neither the worst nor the best. With that in mind, I thought that since I would not attain the best results, there was no need for me to give my best effort.

After the trial, my coach showed me my results. It was not a personal best, but I had expected worse, and the surprise on my face gave me away. With a knowing look, she said, "You weren't serious. I could tell, by the unfazed look you had. What if you had put in your best effort? You could have produced better results! It was very irresponsible of you." I nodded meekly. I regretted my irresponsibility, and felt guilty for not trying my best.

For the next few weeks, I devoted myself to the training. I would head down to the range immediately after school and wasted no time to practice. I attended four trainings every week. However, it started to take its toll on me. I would doze off during classes, and my geography result suffered a C grade. Despite repeated pleas to step down on my raining from my parents, I was not discouraged. I knew that the effort I put into my training was crucial for my results in the competition ahead.

On the day of the competition, I was worried that I would not produce good results. However, I assured myself that feeling nervous meant that I was serious about this. I had to believe in myself and that my training would pay off. Taking a deep breath, and telling myself that I could do this, I began to shoot.

As quickly as the competition seemed to arrive, it ended after forty-five minutes. I knew I had tried my best, because my mind was so focused and concentrated on my shots that I didn't register my surroundings at all.

Once the results were released, I scanned for my name from the bottom to the top. I got more anxious with each rank that I passed. There was a growing sense of disappointment and worry. When all hope was almost lost, I spotted my name. It was right at the top. An overwhelming sense of relief and happiness rushed over me. I was so caught up that I felt like crying and laughing simultaneously!

Hence, this experience has really proven to me that ‘You reap what you sow’. I was absolutely certain that if I want something, then I would have to work for it. And it is with this lesson that I take throughout my journey in life, constantly reminding me of the need to put in 110% of effort in whatever I do.

Word Count: 499 Words, excluding Title, Name, and Class.